

# Crudités with Creamy Herb Dip

Party time? Setting out veggies with a savory dip is a great substitution for the standard chips and party mix.



A low-fat version of the standby appetizer is great for any time of the year, whether you are entertaining or just want a fun snack on hand. Fresh herbs make all the difference in this dip.

## Ingredients:

### Dip

3/4 cup nonfat sour cream  
1/2 cup low-fat or nonfat mayonnaise  
1 1/2 T fresh lemon juice  
1 T chopped fresh marjoram  
1 T thinly sliced fresh chives  
1/2 T chopped fresh tarragon  
Salt and black pepper to taste

### Vegetables:

Select from the following, for a total of about 6 cups of vegetables:

Cucumber, cut into thin sticks  
Cauliflower florets  
Broccoli florets  
Carrot sticks or baby carrots  
Yellow squash, cut into thin sticks  
Radishes  
Cherry tomatoes  
Red, yellow or green peppers, cut into strips

## Nutrition Facts

Yield 6-8 servings

Amount Per Serving

**Calories** 93

**Fat** 3 g

**Saturated fat** 0.5 g

**Cholesterol** 4 mg

**Protein** 4 g

**Carbs** 12 g

**Fiber** 5 g

**Sodium** 315 mg

## Preparation:

Combine sour cream and mayonnaise in a bowl and fold together, mixing until smooth. Stir in lemon juice, marjoram, chives and tarragon. Taste and adjust seasoning. Spoon mixture into a small serving bowl; cover and chill until ready to serve.

Arrange the vegetables on a platter around the bowl of dip. Alternate with fat-free crackers or matzo, if you like.

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